THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:

1. An adjustable in height armrest comprising a tubular armrest column, a tubular armrest carrier adapted to telescope relative to said armrest column for adjusting the height of the armrest, an arm support located on top of said armrest carrier, and a releasable locking system for securing said armrest column and said armrest carrier in one of a series of positions where each position defines a fixed height of said armrest and a fixed angular orientation of said arm support relative to a longitudinal axis of said armrest column whereby the height of said armrest and the angle of said arm support relative to the longitudinal axis of said armrest column is adjustable; said releasable locking system including two locking members carried by said armrest carrier and releasably engagable with locking recesses provided in an outer surface of said armrest column on opposite sides thereof, said locking system further including a spring biased lock release member biased to a locking position causing said locking members to secure said armrest at a fixed height and angle, said lock release member when moved against said spring bias to a release position freeing said locking members to move outwardly to a position clear of said armrest column and allowing adjustment of the height and angle of said arm support.

2. An adjustable in height armrest as claimed in claim 1 wherein said recesses provided in the outer surface of said tubular armrest column are a series of vertical ribs on one side of said column and a series of horizontal ribs on the opposite side of said column, said horizontal ribs defining a series of vertical height adjustments of said armrest and said series of vertical ribs defining a series of angular adjustments of said arm support relative said armrest column.

3. An adjustable in height armrest as claimed in claim 2 wherein said armrest carrier and said armrest column have keyed surfaces which cooperate to maintain the angular adjustment of said arm support within a limited angular range.

4. An adjustable in height armrest as claimed in claim 3 wherein said limited angular range is less than 100°.

5. An adjustable in height armrest as claimed in claim 3 wherein keyed surfaces include a notched slot in an interior surface of said armrest carrier which receives and limits the angular movement of a key provided on an outer surface of said armrest column.

6. An adjustable in height armrest as claimed in claim 1 wherein said recesses provided in the outer surface of said tubular armrest column are two opposed vertical columns of recesses and where each column of recesses is defined by a series of horizontally spaced recesses and a series of vertically spaced recesses where a width of each column defines the extent of adjustment of the angular position of said arm support relative to said armrest column and a height of the column of recesses generally determines the height adjustment of said arm rest support relative to said armrest column.

7. An armrest support as claimed in claim 6 wherein said recesses are each of a shape to receive pyramid shape projections provided on said locking members.

8. An armrest support as claimed in claim 7 wherein said pyramid projections of each locking member are vertically and horizontally spaced which engage only a

limited portion of said vertically and horizontally spaced recesses on said armrest column.

9. An armrest support as claimed in claim 8 wherein said pyramid projections of each locking member is at least 4 adjacent pyramid projections positioned to engage at least 4 adjacent recesses of said armrest column with said 4 adjacent pyramid projections being aligned vertically and horizontally to define a lower pair of pyramid projections and an upper pair of pyramid projections.

10. An armrest support as claimed in claim 8 wherein each locking member has at least 3 rows of horizontally adjacent pyramid projections.

11. An armrest support as claimed in claim 10 wherein each row of horizontal adjacent pyramid projections are defined by two pyramid projections.

12. An armrest support as claimed in claim 11 wherein each pyramid projection extends into a corresponding recess of said armrest column less than one quarter of an inch.

13. An armrest support as claimed in claim 11 wherein each lock member moves less than one quarter of an inch from a locked position to a release position.

14. An armrest support as claimed in claim 1 wherein each locking member is received in a port through said armrest carrier and is movable in a direction perpendicular to a longitudinal axis of said armrest carrier, each locking member including an exterior cam surface projecting beyond said armrest carrier which is releasably engagable with said spring biased lock release

member, said spring biased lock release member in a locking position engaging said cam surface of each locking member and maintaining each locking member in engagement with said armrest column.

15. An armrest support as claimed in claim 14 wherein said spring biased lock release mechanism is a tubular member slidable on said armrest carrier.

16. An armrest support as claimed in claim 15 wherein said tubular member includes a recessed skirt portion on a lower end thereof which in the locking position of said release member is below said locking members, said release member being movable upwardly to position said recessed skirt portion opposite said locking members and allowing said locking members to move to a release position while still being maintained in said recesses of said armrest carrier.

17. An armrest support as claimed in claim 1 including a plate member secured to a bottom end of said armrest column and wherein said plate includes means for securing thereof to a chair.

18. An armrest support as claimed in claim 17 wherein said plate includes a chair securing portion and an armrest column securing portion disposed at an angle to said chair securing portion.